

**QC**

**SPACES:**

An organic garden thrives in the heart of the city **P. 6**

**GARDENING:**

Raspberry varieties have been developed for the Prairies **P. 18**

**WINE:**

Portuguese wines stand up to the best from California **P. 19**

# JUSTICE, SHE WROTE

**GAIL BOWEN'S WRITING  
UNRAVELS MYSTERIES  
AND EXPOSES SOCIAL ILLS**  
**P. 4**



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

#P.J. WORRELL

## Proudflesh a decade of short stories

I am a late-blooming writer. I had to find my way through restaurants, wedding planning, and 18 years of social work before I could concentrate on creative self-expression.

I began writing most mornings with my eyes closed and my head on my pillow, get out of bed between 6:30 and 6:35 before my mind has been drawn into the vibration of the day or the needs of my family, make coffee, and write until it rains. The advice, "Don't keep on writing or you're ruining it" someone with my husband Jean? Afternoon are handwritten in terms of productive writing. Reviews are helpful.

I procrastinate over submission guidelines for contests or literary magazines, grant applications, and



P.J. Worrell

deadlines. I keep a monthly list called The Business of Writing (TBOW) and designate Fridays to review this list, but let by boring bullet. If a month of Fridays slips by unnoticed, I roll the tasks into the next month's TBOW list like stilling whipped egg whites into a chafin cake batter.

Publishers & Grants is the name of the document I use to track submissions otherwise lost in the mazes in my office. I know I should collect more stories, edit galleys and label Books To Read, Books Read, Literary Journals. Good One-Side

Paper to House, Personal Journals Travel Journals, Notebooks, Day-timers by Your Books to Give in the SPCA Used Bookstore, etc. It might be a good idea to add Reorganize Office to my TBOW List. In the meantime, I find the piles of books and papers on the floor cozy and comforting and visual. Remember Lisa Murdoch's advice in the creative list?

I have learned how to write from the heart — Lynda Mendenhall Dave Margoshes, Denise Gault, Sean Virgo, Sarah Delaney, Jessica Grant. My appreciation goes to the Saskatchewan Writers' Guild, St. Peter's College in Muenster, The Ruff Centre, and The Muenster Literature Centre in Cork Ireland for educational opportunities, and to the Saskatchewan Arts

Board and Creative Saskatchewan for grants to study, research, and undertake a book tour.

Proudflesh, my first book, is a collection of 17 stories published by Thunderbolt Press in 2004. It took me seven or ten or 20 years to write those stories. The first adjectives that come to my mind are non-essential, chafin, and brave.

P.J. Worrell lists in Saskatchewan Current On Feb. 24, Proudflesh was nominated for Jan. 2012 Saskatchewan Book Awards — the O'Reilly Distinguished List. The Co-operatives First Book Award and the University of Regina Book of the Year Award.



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# INDEX

## # ON THE COVER P. 4



Gail Bowen's *Isobel McLean* mystery series, which began in 1999, now has 16 books. **QC PHOTO BY BRIAN SCHLOSSER**

## # TABLE OF CONTENTS

### READ MY BOOK — 2

P.J. Wardell's *Proud Fresh* is a decade in the making.

### COVER — 4

Gail Bowen didn't plan to be an author, but 20 books later she is the "Queen" of Canadian mystery writers.

### SPACES — 8

An urban back yard becomes a productive (or zoned) garden in the heart of the city.

### ASK ELLIE — 10

### CROSSWORD AND SUDOKU — 11

### EVENTS — 12

### OUTSIDE THE LINES — 17

Each week *Star Wars* Mickey creates extremely illustrative content to please children of all ages.

### GARDENING — 18

*Naupaka* grow wild on the Pahoehoe, but some varieties have been developed specifically for the region.

### WINE — 19

Check out the Portuguese side for wines that can be compared to the best from California.

## # SPACES P. 8



Ga Wang combines her two passions — gardening and health — in her back yard and garden in North Delta, British Columbia. **QC PHOTO BY BRIAN SCHLOSSER**

### QC COVER PHOTO BY BRIAN SCHLOSSER

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# ON THE COVER

Her take on life is the same as mine. —Gail Bowen, on fictional character Joanne Kilbourne

# SASKATCHEWAN LITERATURE

## Bowen's mysteries reflect her life, politics

By Ashley Martin

Joanne Kilbourne is concerned for the future of her city. She and her husband Jack Shreve, a mayoral candidate in the upcoming municipal election, believe an affordable housing. She drives the developers who are looking to take advantage of people and the crowded city councilors who threaten that she believes everyone should have a fair shot, which is why she and Jack, along with a few friends, are at the Pacific Hunter Centre in North Central, where children can safely play and learn, and people who need a bit of a boost can "Make (their own) trust."

Joanne Kilbourne is a figure of Gail Bowen's imagination.

Since the Regina-based mystery author dressed up her heroine 20 years ago, Bowen has established herself as the "deputy" of Canadian mystery writing.

"I'd like to help to make the truth, so the bar is high. She set it there," said Shreehan Rogers, host of CBC's *Radar's The Next Chapter*.

Bowen and Kilbourne are similar. They both have a bohemian dog; they both have granddaughters named Madeline and Lena; they both enjoy the subtle humour of New York or cartoons and visiting the Regina Farmers' Market.

"There's definitely some resemblance bits of Joanne in Gail," said Ashley Dunn, Bowen's publisher at Penguin Random House Canada.

"Her take on life is the same as mine," said Bowen. "But I'm not Joanne. If people think she's like me, I'm not offended. That's very flattering."

Joanne is so concerned with the politics of her city that Bowen is Canadian novelist Alvin MacLeod described and "written wrote about what worried them," Bowen does just that.

"It started because I got a letter without, I guess, part of it. And I do know, what first Joanne Kilbourne mystery was published in 1990.



Gail Bowen says the life she creates for Bowen's hero and the protagonist of her novels, Joanne Kilbourne. (CP PHOTO BY STEVE SCHROEDER)

"Joanne's pretty realistic because I am."

\*\*\*\*\*

A headline once accurately pegged Bowen as "labeled by her own writing career."

A key source of that indignation is North Central Regina, with its storm housing and rampant addiction where children can play freely and some mothers work the streets to make a living.

She believes these are issues that shouldn't be ignored as she writes them into her books.

Scenes like the opening of her latest release, 18 Rose Street, make people uncomfortable. A prostitute, high and pregnant, gets thrown to the curb by her boyfriend and into a car.

"People really find some of the stuff in there really hard," said Bowen. "I find it really difficult to read about the child who has seen in

her mouth and she's nine years old." Yeah, but it's harder to be that child and she is real. Those children are real.

"I think there has to be a way of connecting people — with the reality of what's going on in this city," Bowen added. "Something has to be done, and it shouldn't be somebody who writes books doing it. It should be people in City Hall."

Many of her 15 Kilbourne books (the 16th is scheduled for release in

March) have dealt in political topics — local development has been a big one because Bowen, a grandmother of seven, believes Regina is building for the present without considering the future.

"I think it's really a good question for us all to ask, What are we doing? A stadium?" and Bowen. "And we're leaving a bunch of it — because that's going to be filling sport million — the first five years. That's what we're leaving."

I think there has to be a way of connecting people ... with the reality of what's going on in this city. Something has to be done ... and it shouldn't be somebody who writes books doing it. It should be people in City Hall. — Bowen

Putting that her 1988 book is as titled, *War's Last Island*.

These politics are front and centre in Bowen's books. Joanne Kiftours has as much of a bleeding heart as her creator does. But the politics aren't dominating — if anything, they make the books that much more appealing.

"They [died] relevant, both on the domestic front and out in the community," said Bowen. "Issues such as development, NIMBYism, and tension between aboriginal and non-aboriginal people and then the good old seven deadly sins create elements that are both current and lovely."

Once again:

"I think the political side of it is unavoidable because we live in a time where you should be paying attention to your political landscape," said Bowen. "Her books are just very timely and current."

Bowen tries to be fair, representing the good and bad across the political spectrum. Joanne notes Bowen is sensitive at one point because she believes in the candidate. She even has a brief tryout with a Conservative MP.

Bowen aims to paint a true picture of life in Saskatchewan, which includes representing those people whose values are little different removed from her own.

It was remarkably easy to write a tight, well-paced story for the novel, released in 2015.

"It was no easy to do because I knew what people say," said Bowen. "The people who are in my right way to have helped me write *War's Last Island*. I know what they believe, everybody who's not like them, they say. Well, we pay for them, we pay for their jails, we pay for the hospitals, we pay for their schools, everything. I don't see them enough for them? 'Well, you know what?' If you do it right, you don't have to pay as much. You don't have to even be a decent human being to get that."

Our priorities are in the wrong place, and there's 'No, you crazy' if someone possesses a small amount of resources, we push ourselves where inequalities are proven most beneficial, we skirt North Central in particular and pretend it doesn't exist.

"There are some serious problems



Bob Bowen stands with his husband, Ted, as both are surrounded by their children and grandchildren in Regina, on Monday for Mother's Day.

here and ... I really do think that it's just been business as usual here for way too long and just one of our and over again.

"Should I run for mayor? What do you think?"

\*\*\*\*\*

Twelve-year-old Gad Bowen: Bob Bowen's sense of compassion sparked while watching the *Amey McCarthy* hearings on TV in 1984. Her parents weren't political — "I don't even know if they ever voted."

— but she knew what she was seeing was wrong.

"I was just mesmerized by that because I knew he was lying," said Bowen. "There was nobody to put it in context for me. But I knew this is an evil person and there are good people and he's running them, and that just

suddenly sort of opened something. 'Almost instantly, if we're honest, justice is much more difficult if people could just sort of take their blankets off and pay attention.'"

That past Albert and Doreen Berthelme created their "smart, badly behaved Anglican" daughter in *Therese's St. Clement's School*. She memorized the book by heart, reading it every day, even took it with her to a pen pal for cheating purposes.

At the risk of euphemism from a school she loved, she learned to never cheat again after losing some of the books she'd hidden in her blazer as before on exam.

Her dad helped shape her career too.

"That whole business of love your neighbor, I really believe that. I believe that we are here to

do the best we can."

It's why when she and her husband Ted moved to Regina in 1970, they chose a downtown parish as their new church.

In June, St. Paul's Anglican Cathedral rang its bells in honour of those sent and murdered aboriginal women. Thirty-two weeks, volunteer performers provide a list and to homeless people through the Red Cross program.

That kind of outreach is important to her because "I'm not so stupid that I don't know how lucky I was to be born middle class or with the chance that I've had, and not everyone is."

\*\*\*\*\*

Bowen's move to Saskatchewan 45 years ago triggered her active in-

volvement in politics.

She and Ted, an American draft dodger during the Vietnam War had a short-lived stint in Saskatoon after moving from Waterloo, Ont.

They were living near the Assiniboine Hatchery, so when someone suggested moving out of town, they didn't think twice.

Ted commuted to his job teaching English at the University of Saskatchewan from their new home as a farm near Clarendon, where their 10 horses were their children.

Daily life involved going without running water, relying on a horse drawn slough to deliver farrowed and during brutal winters, and being the caregiver and Brian Roper to hundreds of chickens.

Continued on Page 6

I think the political side of it is unavoidable because we do live in a time where you should be paying attention to your political landscape. Her books are just very timely and current — Ashley Dunn

"They survived by the kindness of their neighbours until 1970, when they returned to Saskatoon."

"If we hadn't had our neighbours, we would have died," said Bowen. "There was nothing much out there."

Farms lay close down quickly into the politics of the time.

Farmers were dirt poor during the wheat glut — supply exceeded demand and they couldn't sell. Even the prime minister at the time, Pierre Trudeau, wondered "why should I tell you wheat?"

"Nobody ever complained about being poor. They'd talk about the government and why wasn't any thing being done."

"It was so wrong. And nobody cared."

So when provincial NDP candidate Paul Mackay requested their support, Bowen said yes.

"We got really involved. It was a great time to be in the NDP" said Bowen.

Under Allen Blakeney, the NDP won 46 of 60 seats in the 1981 provincial election.

The old farmers, former OCF members and the "granular" than their fathers from the West provided "the best education on Saskatchewan I could have had," said Bowen.

"Ted returned the egg salad and washed would give them that poison egg in '40-60 degree' heat, while Gail soaked up the old hot fires."

"They were still as passionate about what they did as they had at age 16," said Bowen, who cooked about "300 turkey" for NDP fundraisers over the years and once ran for coronator.

KPC battles arrived as election plans at those gatherings: hard hat two children, Billy and Max, never knew the battles were real; he eluded and years later. Her third child, Reg, was born National, later better.

The time leading up to Blakeney's 1981 defeat by Grant Desautel was "the darkest time in my life as people lost sight of their role in Saskatchewan politics," said Bowen. The conflict that he entered in 1981 of policy disagreements disappeared.

"It was both sides at home very old business politics — The NDP was just as bad."



Blakeney taught for the Saskatchewan Indian Federated College, later First Nations University of Canada, until his retirement in 1979. He died in 1999. Photo by David J. Phillip

\*\*\*\*\*

When she went away with job the or child rearing, Bowen was teaching English.

Her teaching career began because her husband already had one.

Ted was teaching summer school at the U of S when the University of Regina asked if he'd teach a class in northern Saskatchewan.

In 1965, hard up for cash with two children to care for Gail — "I said the bold said that I am new" — said she could do it.

It was the first class for what would become the Saskatchewan Indian Federated College (now known as First Nations University), where Bowen taught until she retired in 2001.

She searched for any literature

about shamanism, people for that first class, the book she found, *Omoo* by La Fontaine's Laughing Boy, was about Native people.

Though her students were north-eastern, they "loved it. For the first time there were Native people in there," said Bowen.

As a white professor in a college for indigenous students, she would tell each class: "Our hope, our job is to have one of you standing where we've been standing right now."

Teaching became her full-time job in 1968. When Blakeney lost the governorship, Ted lost his full-time speech writing job, which had moved them to Regina in 1979.

\*\*\*\*\*

Bowen's writing career began by

accident. Her first book, nothing happened about it, was a co-write with Ben Markin, a basketball-fueled newsletter conversation set during the First World War. The press of that project was a funny story as Markin's 1985 book *The Saskatchewan Guide to Western Canada*, the *Western's Guide to Saskatchewan*, in which Bowen wrote about "two great big Saskatchewan farmers, drunk, hanging bodies" at harvest time.

She had never thought to become a writer. It was serendipity.

"And that was it. My whole life changed."

She was 47 when the first *Justice* Blakeney book was released.

I had phenomenal luck with my career," said Bowen who is now

working on her 17th — and perhaps around 18 — *Justice* book. "It hasn't really occurred to me if I wrote a book it wouldn't get published. And it did."

The 38 books since (over 100 *Justice* books) are a result of hard work. "I'm not a fast writer. I work really hard," said Bowen.

A once-and-a-kind master of mystery novels — she and Ted wrote "Honey" through all the mysteries, every summer in the Saskatchewan Public Library — her favourite character was Rex Shaw's New World.

Luke Wells she wanted to create a character "that people would want to spend time with."

Blakeney accomplished.

"Justice is so subtle, you want to know how you want her in the part of your social circle," said Dunn. "I always want to have a martini with her."

Justice is someone who has grown into her life — and indeed, middle age — as I have. I identify with her," said Bowen. "Justice asks a lot of questions, she faces real life issues and she is really engaged. I admire her sense of justice. I like the fact that she is finely drawn and nuanced."

Bowen is a character — named for her favourite Little Women character, Jo March, and not after her sister Jo Anne (Bowen realized the Providence city after her third book publication) — along to the substance of times, I think because that is my natural impulse," said Bowen. "I'm much more interested in hearing about her than hearing about me."

Creating Justice involved some conscious choices — including ditching her original "Turkey" idea of four detective stories, a hint at Little Women.

Bowen allowed Justice to sign throughout the series, signed their politics and family lives, and set her in Regina.

Her connection as the latter part stemmed from her upbringing at the University of Toronto where she had half a class in Canadian literature was offered — to acquire only, no less — even though writer like Robertson Davies (the subject of Bowen's mother's thesis) and Margaret Atwood were on campus.

Joanne (Kilbourn) is someone who has grown into her life — and indeed, middle age — as I have. I identify with her. — *Shelagh Rogers*



Gail Bowen holds her first book, 1010: The Love Letters of George and Adelaide, in February 1997. GAIL BOWEN PHOTO BY BOB ANALL

"I was so gripped by that," said Bowen. "I thought it was really important for Saskatchewan writers to see that reflected because that was still early days for Saskatchewan literature."

If the local literary harkens back to Bowen, Rogers knows and doesn't care. But it doesn't seem to have hurt.

"I think the strong sense of place, cosmopolitanly Regina, is a selling point," said Rogers.

"She has an incredibly loyal fan base and that's seen throughout the country. It's building definitely in the U.S. as well," added Dunn, who herself is a fan of Bowen's books, along with her mother and grandmother. "She takes a train across the country to all of these events and ... people come out in droves to see her."

Being in the signing line at Gail Bowen reading, you'll better get under some extra time she speaks to everyone, personalities again turn and trade her readers as equals," said Rogers.

That fan base has been connected to Bowen's

characters — evidenced by the 66 letters she received after Joanne and Zach first had sex.

"People do feel really attached to the characters, especially to Joanne," said Bowen. "They really do care about her and they're very protective of her."

Bowen is equally connected to her characters — and the place they share.

Saskatchewan is "a good place. It's a good place to live," she said.

Come say from Vancouver east past Alberta's foothills. As soon as it starts to flatten out, I start to think, "Oh good, this is it, this is where I belong."

However, it seems like she and Ted have picked their final resting place in the volcanic barrens at St. Paul's.

"That's our retirement home, as I say to the kids. We'll be in Saskatchewan forever and ever," she said, laughing.

www.GailBowen.com  
Twitter.com/GailBowen



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# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [qc@leaderpost.com](mailto:qc@leaderpost.com)

# REGINA'S BEST SPACES

## Experimenting with growing techniques

By Ashley Martin

**WHO?** Lu Nanne

**WHAT/WHERE?** The backyard garden of her North Central Regina home

**WHEN?** Nanne has been gardening since her mid-teens. She bought this house 14 years ago for the soil in the back yard. The house was smaller than she'd hoped for, but the previous owner had never used any pesticides and that appealed to Nanne.

"I've only once dusted with potato dust, and I sometimes have to throw slug pellets under the flowers, but basically it is an almost entirely organic yard since the mid-1980s," she said.

This spring, Nanne did a major renovation of her pond and installation of starting a healthy year-round organic produce business, Queen Sun Gardens. She's building a greenhouse, one of an already installed in-ground perennials system, and is experimenting with some unusual growing methods.

**WHY?** "I'm never happier than when my hands are in the soil planting flowers," said Nanne. "I actually get depressed when all the planting is over."

The 40-year gardener became interested in hydroponics this year, which led her to other new growing methods that could "make a case for on-going body." She has labelled it her "new progressive experiment" before phase.

**HOW?** Nanne's garden includes hundreds of varieties of flowers. It's like poetry when she rattles off their names: lilyrhins, columbines, morning glory, zinnias, marigolds, cosmos, anemones, ranunculus, irises.

She has about 30 vegetable varieties, which are the same ones in her experiments.





# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [qc@leaderpost.com](mailto:qc@leaderpost.com)

A dozen vasa arifolia grow in a shelf with the help of cardboard. ("It's a whole garden in a four-foot space," explains Nanne.) A wooden pallet serves as a living space rack for her herb garden potatoes grow above ground in drilled reusable tote bags. "Busy busy" tomatoes surround the potato growing upside down. Squash climbs up lattice.

Nanne uses household items to facilitate growing. Old ceramic toilets serve as planters, metal headboards and a clothes drying rack provide tall space.

A big compost bin creates almost all the fertilizer she needs.

As a first-year bio-keeper, Nanne has thousands of little visitors who thrive from her work. She chose to keep bees "because they're so endearing," she said.

"I feared they needed a safe space and...I'm totally organic here."

Nanne spends upwards of 12 hours a day in her garden. During the construction phase, it was closer to 18. She and her housemate, Will-Matt 680 (a well-known greeter at the south Regina Wal-Mart) made the yard wheelbarrow accessible by swapping out a stone walkway for a wooden one.

"Following the path, most of Nanne's bounty is ready to harvest."

"We're eating greens like crazy," she said. "We have salads; we have wilted greens with butter, pepper and salt. I will definitely freeze it when I use. I love it every day. There's no such thing as too much food in a world where every people don't have enough."

Through Quantum Gardens, Nanne will be continuing her two passions: permaculture and health. They go hand in hand.

"Every year I garden I'm getting healthier and younger from air, eat, use, good deep sleep. It's really good for people to garden and be outdoors and connect with nature!" said Nanne.

Once her hydroponic greenhouse is up and running. "People will be able to come and eat off a head of lettuce and it will be as good as they take it home."

Nanne plans to join the Regina Farmers Market next year. In the meantime, contact her at [quantumgardens@gmail.com](mailto:quantumgardens@gmail.com).



# ASK ELLIE

# Best not to discuss personal couple matters with an ex

## Ask Ellie



**Q.** My husband of three years doesn't like us talking in planning activities—so outings for us as a couple, or for our future.

He "forgets" that he remembers to organize time and activities with his friends. He hasn't planned an anniversary or birthday making enough for suggesting we go out for dinner.

Though I've spoken to him repeat only about saving for our future nothing happens.

He moved here so we could start a life together. He didn't know that I'm still as touchy with my ex.

I was frustrated with him not doing work here, and discussed that with my ex. He found out, accused me of cheating, and was deeply hurt.

My calls and texts with my ex aren't innocent or neutral. I was venting my feelings.

Since then, I've worked hard on the relationship, and have been sorry but he takes it out on me by not planning anything for us.

We're barely intimate and I'm blessed for not inflicting us. When I have, he's not in the mood.

**A.** Your list of complaints is good, so I'll justify your venting private couple matters to your ex. They don't equate.

Complaining to your ex humiliates you. Your husband. His finding ways is a priority but it's not easy avoiding ex contacts takes adjustment.

Suggesting dinner for birthdays and anniversaries is decent before you for someone without a job (and money).

You say nothing about helping make plans—aching alone, bring up information—not just venting and finding fault.

By revealing personal stuff to your ex, you're pushed back away. He

doesn't feel sexual because you've been seen intimate emotionally with your ex.

Apologies. Find a career coach for ex or job search program. And get couples counselling together.

**Q.** My father passed away suddenly seven years ago. I was 16, shocked.

He was the best father and friend I could have.

I tried to make my dad proud every day but I'd find him passing his blacked me from finding love. I've never had a relationship long enough to even see if love is possible.

I'm now a successful architect. I'm living in a new city across the country from my family. I date, but fear I'm doing something to push love away before it starts me.

My mother remarried a year ago. She's been preoccupied with her new marriage and hasn't ever visited me. It's definitely not a wall between us. If I talk to her about my dad, she thinks I'm resentful of her newwed happiness.

I've asked her to visit me several

times and she always has an excuse. I feel abandoned by her and she persistently says my dad.

I've wondered if I should seek professional advice with these issues.

**A.** Living alone, for those family, and mourning losses are valid reasons for talking to someone professional about fears of what finding love can mean, and of abandonment.

Your father's sudden passing made a powerful impact. Giving in to good will ultimately mean putting her in second place. He won't be forgotten, even just not primary. You haven't been ready for that. But you're still young and setting into a new life, so it's natural to take time.

Your mother's been able to rebuild her emotional life... again. It's natural, as she's known what a role finding out is, and you have yet to learn all that.

Talking all that out with a therapist can be very helpful. Also, create "family" from friends you trust.

**Q.** My physically disabled husband's

my best friend. I've been the primary caregiver plus housekeeper, and gone up having children.

My grandmother passed away recently. She was a huge support in my early life.

My husband didn't offer condolences or help.

I said how that upset me, and he got apologetic. His health wasn't good that day, and he said he couldn't focus on the proper response.

But I feel that this person I put all my effort into couldn't be there for me, when needed.

Do I have a martyr complex or am I to be offended?

**A.** His dependency makes for huge anxiety to have you suffer that much more. But he can't say that. Feeling awful he didn't know what to say.

You should've hugged you, and he was so sorry. Many people don't express condolences easily.

Forgive him. He's apologized. You're only a martyr if you believe like one and you haven't before this.

**Q.** My physically disabled husband's

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2140 College Avenue Regina Saskatchewan  
Contact: Sharon Gosselin: reginacommunity.com

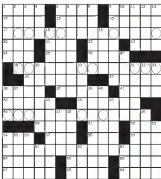
**FREE PUBLIC EXHIBITION**  
Friday, Saturday, Sunday, 10am to 5pm  
Admission: Free to the Public  
Admission: Free to the Public  
Admission: Free to the Public  
Admission: Free to the Public

## #CROSSWORD

NEW YORK TIMES *Edited by MW Shortz*

## ACROSS

1. Someone in the room  
5. ... California  
9. No closer president  
16. Sitarist ends in "the Lion King"  
18. Play to ...  
19. Half of the Dynamic duo  
19. Sitarist playing for a Hollywood  
20. What is a golf cup  
21. Lector after key  
22. Forward order  
23. On Lenin expert  
24. ... fill  
25. Men's lives on "The Mary Tyler Moore Show"  
26. Some ... (some words)  
28. Vain, or "prideful" (part of the central U.S.)  
34. Fine distinction  
35. Soap with financial advice  
38. Goodface informally  
39. One of the Miyazaki brothers  
41. Culinary honors  
42. Forward a material  
43. Foreign residence  
46. Invention that "This is Just a Hypothesis"



PUZZLE BY JIMMY M. LEE

66. Canadian TV on cable  
67. English Channel border

## DOWN

1. Start of many courses  
2. What's new?  
3. 2012 Super Bowl MVP who led the "No. 1"  
4. A word  
5. A word  
6. A word  
7. A word  
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99. A word  
100. A word



## #JANNIC CLASSIC SUDOKU

## Level: Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

Solution to the crossword puzzle and the Sudoku can be found on Page 19.

Modality & Bead Classes Commence September 1<sup>st</sup>

Missouri Avenue 1st

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# EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, Aug. 12

**Wednesday Night Folk: The Bonspiel Association**  
Bonspiel Association, 2206 Denard-  
regue

**The Alley Gwags**  
Luncheon's, 2330 Albert St.

**The Gollers, Ballot Burns, PAPA**  
The Exchange, 2431 8th Ave.

**Beautiful Bandits**  
Michal's, 2206 Davidway Ave.

Thursday, Aug. 13

**Concert Series**  
Nolan City Square Plaza

Live music

Fri. Bands, 1832 Davidway St.

**Kamoko**  
8 p.m.-2 a.m. The Spa, 306  
Albert St.

**Friends With Benefits**  
Three-night music showcase.  
The Exchange, 2431 8th Ave.

**Friday, Aug. 15**  
**Live music**  
6-9 p.m. Monarch Lounge,  
Hotel Saskatchewan, 2129  
Victoria Ave.

**Weekly Drunk Circle**  
Instruments provided  
7:30-9 p.m. The Living Spirit  
Centre, 3218 Dean Dr. Call  
Mike, 306-550-3591

**Kamoko**  
8 p.m.-2 a.m. The Spa, 306  
Albert St.



Devin Gaulty performs at The Exchange on Monday.

**Public Animal**  
German Club, 1127 St. John St.  
**La Laine, Area Phams, Hate**

**Sea**  
The Club at the Exchange  
2431 8th Ave.

**Friends With Benefits**  
Three-night music showcase.  
The Exchange, 2431 8th Ave.

Saturday, Aug. 15

**Open Acoustic Jam**  
3:30-6 p.m. Boneway's  
Lounge, 1507 Broadway Ave.

**Live music jam**  
All types of music welcome.  
Hosted by Emel Kristine  
4-8 p.m. The Spa, 306 Albert  
St.

**Kamoko**  
8 p.m.-2 a.m. The Spa, 306  
Albert St.

**Friends With Benefits**  
Three-night music showcase.  
The Exchange, 2431 8th Ave.

Sunday, Aug. 16

**Open Jam**  
3-6 p.m. Mojo Club, 609  
Victoria Ave.

**Acoustic Fest**  
2-5 p.m. Get Lady of Penos, 425 Broad St. N.

**Kamoko**  
8 p.m.-2 a.m. The Spa, 306  
Albert St.

**Living Cancer, Wermwood, Bernade Love, Homo Moe sinuous**  
The Club at the Exchange  
2431 8th Ave.

Monday, Aug. 17

**Monday Night Jazz & Blues**  
The Jeff Meritt Band  
Sushwaker, 2206 Denardway

**AUTISM RESOURCE CENTRE**  
**GET ACTIVE**  
**4 AUTISM**

**SATURDAY AUGUST 22**

**5K WALK / RUN 2.5K Family Walk**

**A.E. Wilson Park at Rick Hansen Playground**



**Raise Awareness! Raise Funds!**

**Register at [www.getactive4autism.com](http://www.getactive4autism.com)**

**Registration: 9:00A**  
**Run/Walk: 10:00A**

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# EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

**Kinokuni**  
8 p.m.-2 a.m. Thu. Sep. 24, 2015  
Albert St.

**Devin Duddy Band**  
The Club at the Exchange  
2431 8th Ave.

Tuesday, Aug. 18

**Acoustic Unleashed**  
McCallum, 1601 Dowdney Ave.

**Kinokuni**  
McCallum, 1601 Dowdney Ave.

**The Malt K&B T18**  
The Capital, 1843 Hamilton St.

**Big Floyd**  
Pink Floyd Tribute  
Centria Arts Centre  
220 Lakeshore Dr.

## # VISUAL ART

**Pop-Up Downtown Walking Tour (half tour)**

This public art installation series creates a dynamic, walkable cultural experience in the heart of our city and aims to encourage public engagement through artist intervention Aug. 13, 7 a.m. (full tour) Meet outside walk at 1643 Hamilton St.

**Dimensions**  
The Saskatchewan Craft Council's biennial juried exhibit features work in ceramics, textiles, metal, glass and mixed media.  
Until Aug. 16, MacKenzie Art Gallery, 3475 Albert St.

**Diana Lane: One**  
Works address concerns



*Holly Fay: Floating Worlds is at the Quark Art Gallery — Sherwood branch until Aug. 26.*

relating to genetics, issues surrounding genetic testing, and our predisposition to diseases. This exhibition features a number of paintings, inspired by the tradition of the

emo (2014 series).  
Until Aug. 21, Art Gallery of Regina, 2430 Saskatchewan St.

**Holly Fay: Floating Worlds**  
Schematic drawings and paintings fluctuate between

the representational and the abstract. Derived from an interest in natural phenomena, the works question the relationships within the temporal and spatial systems of our natural world.  
Until Aug. 28, Dunlop Art Gallery — Sherwood branch, 601 Rochdale Blvd.

**David Thompson Road Trips and Other Discoveries**  
This exhibition presents a dynamic installation examining key themes and working processes, developed throughout Thompson's more than 40 years as a maker and thinker.  
Until Aug. 20, MacKenzie Art Gallery, 3475 Albert St.

**Patricia Holdenworth: Contemporary Photography**  
Photos explore the profile

landscape.  
Until Aug. 31, Scott McNeilson Fine Arts, Regina Centre Crossing, 1821 Albert St.

**Summer Showcase**  
Until Aug. 28, Scott Fine Art Gallery, 2078 Halifax St.

**Three Coloured Glasses**  
Sweetness, with a dash of bitter, this exhibition curated by university students includes artworks that forge vibrant pathways into the imaginary.  
Until Sept. 7, MacKenzie Art Gallery, 3475 Albert St.

**Summer Showcase**  
New works by 14 of Saskatchewan's emerging artists through September. Open Wednesday to Saturday, 11 a.m.-5 p.m. Nouveau Gallery, 2445 Albert St.

## Debt Problems?



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Administrator  
3022 17th Avenue  
Midwest Level  
Regina, Sask.

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**freshstart.deloitte.ca**

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**Join us in-person or online at our next Information Session:**

**Saskatchewan Polytechnic  
Regina Campus  
Room 241 or Online**

**Tuesday August 25th, 2015  
6:30-8:00 pm**

**RSVP to Linda:  
306-775-7480**

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Todd Lurie  
Owner/Operator

## EVENTS

**Juan's House Garden**  
Works in locally-sourced wood  
Until Sept. 12, Mats Gallery,  
105 2050 Broad St.

**Summer in Contemporary Canadian Fine Art**  
Works of art explore Canadian landscape and wildlife.  
Until Oct. 31, Scott Nicholson Fine Arts, Racine Centre Crossing, 1621 Albert St.

**Acrobats Gallery**  
3205 Smith St.  
Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

**Neutral Ground**  
203-1836 South St.  
Open Tuesday to Saturday, 11 a.m.-5 p.m.

**Oakland Art and Fine Arts**  
Oil and ink paintings by Chinese artists Lingling Jiang and Huihui Tian.  
2342 Smith St., Open Monday to Saturday, 10 a.m.-5 p.m.

**Plain Red Art Gallery**  
Represents Indigenous visual art practices, authors and literary traditions in the province of Saskatchewan, Canada and globally.  
Monday-Friday, 9 a.m.-4 p.m., First Nations University, 1 First Nations Way.

## # PERFORMANCE

**Base of the Phoenix**  
Aug. 15, 7 p.m.  
Comex Arts Centre

**History Alive! Vignettes**  
Live skills depict important historical moments in Saskatchewan history. Each lasts 30 minutes.

Sunday and Tuesday, 1-4 p.m.  
Government House, 4807  
Dewdney Ave.

**Living Poets Society**  
Sasken speak open mic night.  
Every Tuesday, 9 p.m.  
Hollywood Lounge, 2165 Broad St.



Regina Thunder quarterback Jason Marwick (13) is back to full health as the 2008 PFC season approaches. qc.huswastore.com/sasken.its.

**History Alive! Vignettes**  
Live skills depict important historical moments in Saskatchewan history. Each lasts 30 minutes.

Monday, 1-4 p.m.  
Legislative Building, 2425  
Legislative Ave.

## # DANCING

**Club 60 Dance**

**Featuring Ali & Company**  
Aug. 14, 8 p.m.-midnight  
Regina Senior Citizens Centre,  
2144 Winnipeg St.

**Regina Ballroom Dancing**  
Club/dance/disco  
Aug. 15, 7-10:30 p.m.  
Lakesview Church Hall, 3200  
McCullum Ave.

**Salsa on the Plaza**  
Every Thursday, 7-11 p.m.

**City Square Rizza downtown**  
Wednesday, 6-9:30 p.m.  
Victoria Park

## # SPORTS

**Sepek Takow in the Park**  
Wednesday, 8:30-9:30 p.m.  
Victoria Park

**Football Canada U18 boys**  
national  
Aug. 13-17  
Optimist Park and Currie Field  
quadrant in the Park

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8 p.m.-9:30 p.m.  
North side of the Trans-Canada Highway, east of Prince of Wales Drive.

**Regina Thunder vs. Winnipeg**  
RFL  
Aug. 15, 7 p.m.  
Mosaic Stadium

## # FOR FAMILIES

**Sters and Strollers**  
Wednesday, 1 p.m.  
Cassidy Cole in Southland Mall, 3325 Gordon Rd.

**Cinearts Under the Stars**  
Wednesday, 7 p.m.  
City Square Plaza

**Art in the Park**  
Friday, noon-1:30 p.m.  
Victoria Park

**Build and Grow Clinics**  
Build a special feature project  
For children ages 5 and up.  
Saturdays, 10 a.m.  
Lewins, 4555 Gordon Rd.

**Michael's Kids Club**  
Saturday, 10 a.m.-noon  
2008 Prince of Wales Dr.  
Family Favourite Film  
Friday, 6:00-7:00 p.m.  
Saturday, 10 a.m.  
Cassidy Cole, 4200 McCordy Blvd.  
Family activities  
Saturday and Sunday, 2 p.m.  
Saskatchewan Science Centre,  
2933 Powerhouse Dr.

**Family Studio Sundays**  
Sunday, 2-4 p.m.  
MacKinnon Art Gallery, 3475  
Albert St.

**Science Time for Kids**  
Interactive workshop aimed at early learners.  
Tuesday, 9:30-10 a.m.  
Saskatchewan Science Centre,  
2933 Powerhouse Dr.  
Exploration Day in the Park  
for Kids  
For children ages 3-12. Pre-  
registration required, call Jennie  
at 306-393-7047.  
Tuesday, 9:30-10:30 a.m.  
Victoria Park.

## EVENTS

What you need to know to plan your week.  
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## Teen Tanslugs

Come and hang out for this afternoon with other teens into all things art.  
Tuesday, 3-5 p.m.  
Oakley Art Gallery -- Central Block, 2381-12th Ave.

## Drop-in crafts and gym

Free event for youth aged 9-18. Tuesday, 4-6 p.m.  
Eastview Community Centre, 615-6th Ave.

## Carnival Night

Perk up supper, games and fun for everyone.  
Aug. 18, 5:30-9:30 p.m.  
Mac Millan, 2003 Hawthorne St.

## MUSEUMS

## Alan Young Behind Museum

1500 Plourde Ave.  
Tours by appointment only  
(306-523-3000).

## Olivie Museum of Regine

1375 Broad St.  
Tuesday-Friday 10 a.m.-4 p.m.  
Saturday 10 a.m.-6 p.m. Closed Sunday and Monday

## Government House Museum &amp; Heritage Society

4607 Dewdney Ave.  
Open daily 9 a.m.-5 p.m.

## RCMP Heritage Centre

5907 Dewdney Ave.  
Open 10 a.m.-6 p.m. daily

## Regina Firefighters Museum

1205 Ross Ave.  
Tours by appointment (306-777-7714)

## Regina Floral Conservatory

143 08 4th Ave.  
Open daily, 9-4:30 p.m.

## Saskatchewan Museum Centre

2502 Pendergast Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday-Sunday and holidays, noon-6 p.m.  
Closed Mondays



Dance in the Park returns to Wescore Centre on Thursday. Art Hub artists in dress rehearsal.

## Regina Saskatchewan Museum

3443 Albert St.  
Open 9:30 a.m.-5 p.m. daily

## Saskatchewan Military Museum

1500 Elphinstone St.  
Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-9346)

## Saskatchewan Sports Hall of Fame

2205 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends

## OTHER HAPPENINGS

## Regina Farmers' Market

Wednesday and Saturday, 9 a.m.-1 p.m.  
City Square Plaza, 12th Avenue and Scotch Street

## Summer Sampler

Learn about a wide range of

interesting houses and engage in lively conversation over coffee with fellow participants.  
To register, call 306-789-1504  
Aug. 12, 9:30-11:30 a.m.  
Lifelong Learning Centre, 2155 College Ave.

## Yoga in the Park

Wednesday, noon-1 p.m.  
Victoria Park

## Words in the Park

Wednesday, noon-1 p.m.  
Victoria Park

## RCMP Sergeant Major's Parade

Weekdays, 12:45 p.m.  
RCMP Depot Division, 5600 11th Ave.

## A Lifetime Hauler Thru Arts

Learn to play music, dance and perform in live, artistic-based workshops, cultural teachings and employment workshops. For people ages 13 to 12 on a budget.  
Wednesday, Monday and

Tuesday, 9-11 a.m. (Saver 4-9 p.m.)  
YWCA, 1940 McIntyre St.

## DVAIS in the Park

This "on-site" experience is a Regina Food Bank and Wescore Centre Authority fundraiser. Moving from Trelis to Trelis through Wescore Centre, participants will learn about different experiences at each station for an afternoon of entertainment and social interaction. Register at [divais.ca](http://divais.ca).

Aug. 12, 9-11 p.m.

Wescore Centre Authority, 2500 Wescana Dr.

## Yoga Party

Thursday, 5-6 p.m.  
Victoria Park

## Market Under the Stars

Regina Farmers' Market vendors, liquor and food tastings, food trucks, concert series, yoga, silent donation, eating contest and more

Aug. 13, 4-9 p.m.  
City Square Plaza

## Farming 101

Learn about activities in farming, technology and corporate farming. Presented by Farm & Food Care Saskatchewan.  
Aug. 12, 7 p.m.  
Central Library, 2381 12th Ave.

## Annual Patch Festival

Free! 100 patches, 20-pound box - \$32, five-pound basket - \$11. Hats, pins, jellies, etc. also available.  
Aug. 15, 9 a.m.-3 p.m.  
All Saints Anglican Church, 142 Massey Rd.

## Tai Chi in the Park

Saturday, 10-11 a.m.  
Victoria Park

## Antique and Collectible Auction

Unreserved auction of antiques and collectibles hosted by Government House Museum

and facility.

Aug. 15, 10 a.m.-5 p.m.  
Government House, 4607 Dewdney Ave.

## Chess in the Park

Saturday, 10:30 a.m.-12:30 p.m.  
Victoria Park

## Culture on the Plaza

Saturday, noon-1 p.m.  
City Square Plaza

## Drop-In Creative Writing

Monday, noon-1 p.m.  
Victoria Park

## Workshop for seniors

For more information call Mary 306-789-9662 or Rod 306-789-1088.  
Tuesday, 9:30 a.m.  
Eastview Living Saint Centre, 3608 Dean Dr.

## ChewieGay Challenge

Drop-in gathering of board game enthusiasts.  
Tuesday 6 p.m.-midnight  
Bastion Plaza, 545 Albert St. N

## # FILM

## Chasing Ice

Chasing Ice is the story of one man's mission to bring the tide of history by gathering undeniable evidence of our changing planet. Presented by Cinema Politica.  
Aug. 15, 7 p.m.  
Artful Dodger, 303 8th Ave.

## Fretted Wire Kissing

Dramatic comedy. Fretted Wire Kissing follows Benny and Jordan, two average people who have a whirlwind weekend romance. Benny (Dov Tiefenbach) is a misanthropic character who struggles to make a real romantic connection. Jordan (Dorothy Amherst) is a girl left bent on proving magical love can exist. And Autumn (Zoe Kravitz) is an overempathic, bi-sexual Nancy who is also a self-diagnosed aspie.

# EVENTS

**Going Green: Scientology and the Prison of Belief**  
Documentary  
An in-depth look at the inner-workings of the Church of Scientology

Regina Public Library Theatre  
2310 12th Ave., 306-777-8104

**To The Arctic 3D**  
Documentary

A mother polar bear and her twin seven-month-old cubs navigate this changing Arctic wilderness they call home. They struggle to survive in a fragile environment of melting ice, immense glaciers, spectacular wildlife and majestic towns and people. Narrated by Mary McCormack.

**Journey to the South Pacific**  
Documentary

Narrated by Gary Berrisford, this is a breathtaking adventure to the tropical islands of West Papua, where life flourishes above and below the sea. Jewel, a young island boy, takes us on a journey to encounter whale sharks, sea turtles, manta rays and other creatures of the sea.

**Jerusalem**  
Documentary

A tale of one of the world's oldest cities, destroyed and rebuilt countless times over 5,000 years. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as archaeologists dig. Mattress explores some historical sites in the region. Narrated by Benedict Cumberbatch.

Kramer James  
2903 Powershow Dr.  
306-522-6229

## NEW MOVIES

**The Man From U.N.C.L.E.**

Action  
During the height of the Cold War in the early 1960s, CIA agent Solo (Henry Cavill) and KGB agent Kuryakin (Armie Hammer) are forced to put aside long-standing hostility and work together to stop a mysterious criminal organization. Based on the 1960s TV series of the same name.

**Undiscovered**  
Family

A reluctant hero's (Matthew Morrison) town is threatened when his longtime rival returns home to avenge an



Henry Cavill and Armie Hammer star in *The Man From U.N.C.L.E.*, which hits theatres Friday.

old grudge. When the players from his favourite table are ingeniously brought to life, he recruits them to help him enter into the biggest undiscovered match ever: save the town and

win back the love of his life.

**Straight Outta Compton**  
Drama

The meteoric rise and fall of N.W.A. — five young men who

inspired their experiences growing up in Compton, Calif., in the mid-1980s that rebelled against abusive, anti-white, white-bashing music and sparked a cultural war.

Galaxy Cinema  
420 McCarty Blvd. W.  
306-522-5056

Chapleau Cinema  
Southland Mall Cinema  
2025 Gordon Rd., 306-585-3343

Redbox Cinema  
Golden Mile Shopping Centre  
3806 Albert St., 306-339-5250

Events listings are a free community service offered by QC. Listings may be subject to change without notice. Please call for more information. See website for more info.

## Do you have any of these SYMPTOMS?

HEADACHES AND  
NECK PAIN

SHOULDER PAIN

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BACK PAIN

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# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [sp@leaderpost.com](mailto:sp@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's QC colouring contest winner was **Isabelle Stenitz**, Longsight area! Thanks to all for your colourful submissions. Try again this week!



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August 12<sup>th</sup> to 29<sup>th</sup>



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